

# Cummington Council on Aging

## November 2016 Newsletter



**Cummington Council on Aging**  
**P.O. Box 95,**  
**Cummington, MA 01026**  
**413-634-2262**  
**coa@cummington-ma.gov**

**Carolyn Urekew, Director**  
**Hours: Wednesday & Friday**  
**9 AM—12 PM**

### Events — November 2016

#### **Mondays:**

<b>Osteoporosis Exercise</b>	9:30-10:30 am
<b>Coffee Hour</b>	10:30-11:30 am
<b>Needlework Group</b>	1:30-3:30 pm
Board of Assessors Assistant	9:30-11:30 am
Town Admin. Assistant	9:00-11:00 am
Bryant Library	6:00-9:00 pm
Veterans' Agent : 1 <sup>st</sup> & 3 <sup>rd</sup> Mondays,	9:00-11:00 am

#### **Tuesdays:**

**Nov. 8: Discussion Group** 1:00-3:00 pm  
Community House Library

**Nov. 15: Community Luncheon** 12 Noon

**Community House** (3rd Tuesdays)

Town Admin Assistant	9:00-11:00 am
Board of Health mtg 1 <sup>st</sup> & 3 <sup>rd</sup> Tues,	7:00 pm
Veterans' Agent, 3 <sup>rd</sup> Tuesdays,	6:00-8:00 pm

by appointment at the Williamsburg Town Offices

#### **Wednesdays:**

<b>COA Office Hours</b>	9 am-12 noon
<b>Chair Yoga with Sarah Prince</b>	12:00-1:00 pm
<b>Tap Dancing</b>	4:00-4:45 pm
Compactor	5:30-7:30 pm
Bryant Library	6:00-9:00 pm

#### **Thursdays:**

<b>Nov. 3: COA Board of Directors</b>	9:30 am
<b>Nov. 3 &amp; 17: Movie Matinee</b>	1:30 pm
Town Clerk	4:00-7:30 pm
Board of Assessors meeting	6:00-8:00 pm
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	
Building Inspector	6:00-8:00 pm
Selectboard	7:00 pm

#### **Fridays:**

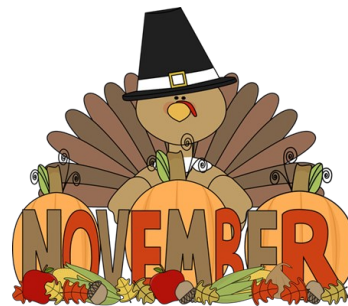
<b>COA Office Hours</b>	9 am-12 noon
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#### **Saturdays:**

Compactor	7:00-11:00 am
Bryant Library	8:30-12:30 pm

**Board of Directors** will meet on **Nov. 3rd at 9:30am**. The Board seats are currently full, however, if in the future you would like to volunteer, please let one of the Board members know.

**Healthy Bones and Balance** class meets Mondays at 9:30 AM and is being led by Anne Parsons. Class is followed by the weekly Coffee Hour at 10:30AM.



**Our annual Thanksgiving Feast** of roast turkey and all the 'fixins' will be held on **November 15th at Noon** at the Community House. **Do you need a ride in order to attend?** If so, call Carolyn at 634-2262. Please don't be shy and miss out! Good food, good people!

**Who would be willing to participate in our Neighbor to Neighbor program?** We always need drivers. While the FRTA van use is encouraged, there remains a need for the one on one driver—it could be taking someone to grocery shop or to a doctor appointment. If you are interested, please call Carolyn at 634-2262.



### WOOOHOOO!!!!

The Cummington Ladies Lunch Bunch met on 10/12 at Pine Hill Orchard in Colrain. This month will be the final get-together until spring. We will be



going to **Brewmaster's Tavern in Williamsburg on Wednesday, November 9th.** If you wish to carpool, please be at the church by noon.

**Ms. Lee Aeschback** has offered her services as a Neighbor to Neighbor driver. 413-634-5092.

**Computer Classes:** Once again Ken Graf is graciously offering computer classes. If you are interested, please call him at 413-634-8860.

**ATTENTION:** There is a discussion group focusing on **Living Fully, Aging Gracefully and Befriending Death.** The group is open and welcoming to all residents of the hilltowns. The group meets once a month on the second Tuesday, from 1:00-3:00PM, at the Cummington Community House Library Room, 33 Main Street. The next meeting will be on **Nov. 8th.** For more information, or to RSVP, please contact Wynne or Lucy at 413-634-5576, wynlucy@verizon.net or Annie at annieb@crocker.com

**The folks at Hillside Terrace** are looking for new jigsaw puzzles, 1000 pieces or less.



Please remember the **FRTA van** is running for your use. You do need to have an application in with FRTA **before** you use it. I have the applications. If you need one, please let me know and I will get one to you. Also, if you have MassHealth and need a ride to go to the doctor, there is a form that your Dr.'s office would have that you would need to submit **prior to** calling the number on the back of your MassHealth card.

**The Council on Aging** would like to extend a heartfelt **THANK YOU** to those in our community who continue to generously donate to help support our programs. We are grateful and appreciate all that you have done and continue to do! Because of the generous donations we have received we are able to keep our programs. The words Thank You, just don't seem to cover the gratitude I feel!



### **The Cummington Council on Aging says THANK YOU to our Generous Supporters!**

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support. **--Carolyn Urekew, Director**

***The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!***

**I would like to contribute to the Cummington COA. My contribution of \$\_\_\_\_\_ is attached.**

**Name**\_\_\_\_\_

**Address**\_\_\_\_\_

*Thank you for helping to Support Your Neighbors!*

**The Cummington Council on Aging**



## Regional News

**The FRTA van needs a new driver.** We have a good candidate and she is in training. Hopefully we can get her driving the van soon. Gary had surgery in October and is taking a few days off in November which will curtail services. Please call him ahead of time and we'll see what other arrangements can be made to set up a ride if you need it. Just a note: anyone having trouble getting into the van can have the van driver lift you in on the wheel chair lift.

### Holiday Assistance 2016

#### **Mass 2-1-1**

This online directory is an information resource for emergency food, rent, help paying your heating and utility bills, mental health counseling, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families.

Click on orange circle, "Search for Help".

Tip: use "holiday" under keyword search.

Website: [www.mass211help.org](http://www.mass211help.org)

Call 211 for resources.

*(Excerpt from October MNIP News)*

### **Active Aging in the Valley 2016 November 20, 2016—11:30-5:30pm UMass Amherst Campus Center**

Join us again for our annual seminar on Active Aging in the Valley with a great lineup of talks, workshops, panel discussion and exhibits. Students from the UMass Department of Kinesiology will be offering free health screenings.

Dave Madsen, news anchor for Western Mass News will introduce the event. The opening keynote talk is "Exercise as Medicine: Cardio-metabolic Health in Older Adults" by Stuart Chipkin, MD, an endocrinologist with the Valley Medical Group. Closing keynote talk is "The Power of Sleep for Healthy Aging" by Rebecca Spencer, PHD, Assoc. Professor of Psychological and Brain Sciences at UMass Amherst.

Workshops include: Fitness on a Fixed Income; Resistance, Balance & Back Care; Eating Right for Healthy Aging; Mindfulness for Health, and many more. The program will conclude with a concert by the Heart of the Valley Chorus.

**Contact: Laura Dintino, Events Coordinator at the Daily Hampshire Gazette at 413-585-5207.**

### **Reader request : Police and Fire Charities**

Within days after we moved to Illinois a few years ago, a man phoned who said he was calling for the local fire department and hoped I would give a donation. He went on to imply that response times to an emergency might be different for us if we donated! We did not donate, did not need fire services, and life continued.

Turns out there are valid fundraising calls for our police and fire services, but a recent Consumer Reports article found that the largest part of money collected (75% or more) goes to the fundraisers. In fact, there is no guarantee or maybe even likelihood that our local offices will see any money.

AARP Fraud Alert even points out that the caller may not be associated with any benevolent organization. We are shocked to learn that some unscrupulous individual might claim to be calling from a valid charity. So do not fall prey, do not send any money, just hang up.

#### **What To Do?**

If you would like to donate to your local police or fire department, contact them and see how they can accept your help. For instance, in Williamsburg, a person can write a check to the Williamsburg Police Relief Association.

Securely,  
Jean O'Neil, Triad Committee Member



## **Build an Emergency Kit Emergency Supplies Will Help Sustain You and Your Family During Disasters**

The Massachusetts Emergency Management Agency (MEMA) encourages individuals and families to ensure that every home has an emergency kit.

"Having an emergency kit in your home is an essential component of personal and family preparedness," said MEMA Director Kurt Schwartz. "Emergency kits should include essential items that will help sustain you and your family for up to three days in the event you are isolated in your home without power during a disaster."

Check your kit at least annually for food, water, batteries, or other items that may need to be replaced or have expired. Also consider building a mobile "go-bag" that includes key items in your emergency kit to take with you in case you need to evacuate to a shelter or other location.

MEMA is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures. MEMA's staff of professional planners, communications specialists and operations and support personnel is committed to an all hazards approach to emergency management. By building and sustaining effective partnerships with federal, state and local government agencies, and with the private sector - individuals, families, non-profits and businesses - MEMA ensures the Commonwealth's ability to rapidly recover from large and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, ensuring effective response, and strengthening our capacity to rebuild and recover. For additional information about MEMA and Emergency Preparedness, go to [www.mass.gov/mema](http://www.mass.gov/mema).

Continue to follow MEMA updates on Twitter at [www.twitter.com/MassEMA](https://twitter.com/MassEMA); Facebook at [www.facebook.com/MassachusettsEMA](https://www.facebook.com/MassachusettsEMA); YouTube at [www.youtube.com/MassachusettsEMA](https://www.youtube.com/MassachusettsEMA).

Massachusetts Alerts: to receive emergency information on your smartphone, including severe weather alerts from the National Weather Service and emergency information from MEMA, download the Massachusetts Alerts free app. To learn more

### **Key Items to Include in Your Emergency Kit**

**Water:** At least a three-day supply of bottled water (one gallon per person/per day) and water purification tablets

**Food:** At least a three-day supply of non-perishable foods that do not need to be cooked or heated, such as ready-to-eat canned meats, juice, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods

**Tools and Supplies:** Manual can opener, radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools

**Personal Items:** Prescription and over-the-counter medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries and supplies for medical equipment, extra clothes, sturdy shoes

**Pets:** Collar, leash, harness, crate, food, bowls, medication, current photo, license and medical information

**Documents:** Insurance policies, bank account records, identification cards (IDs), medical information, contact information for family members and close friends, and copies of other important documents

**Money:** Extra cash and traveler's checks (banks may not be open and ATMs may not work during a power outage)

**Other Items:** First-aid kit, emergency whistle, waterproof matches/lighter, local area maps, diapers, wipes, formula, and baby food and supplies

#### **Also consider adding:**

A watch or clock

Household chlorine bleach, which can serve as an emergency disinfectant

Camp stove or grill with fuel or canned heat, neither of which should be used indoors

Disposable plates, cups, and utensils

Duct tape, plastic sheeting or tarp

Seasonal items to protect against the elements

Books, games, puzzles, and other comfort items

Sleeping bags or blankets.

A complete printer-friendly list of supplies for emergency kits is available at: Emergency Kit Checklist.

about Massachusetts Alerts, and for information on how to download the free app onto your smartphone, visit: [www.mass.gov/mema/mobileapp](http://www.mass.gov/mema/mobileapp).

*(Excerpt from MEMA Press Release, Sept. 19 2016)*

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**The Goshen Historical Society presents:**  
**"The Puzzle of the Goshen Tunnel Revisited"**  
 by Margaret Waggoner on Sunday, November 13th at 2pm. Margaret will present her documentary and physical evidence of who built the Goshen tunnel and why. The presentation will be in the Goshen Town Hall and the doors will be open 20 minutes beforehand. Refreshments served. Contact Kristen at goshenhistoricalsociety@gmail.com or 268-7120 with any questions.

**Multigenerational Square Dance!** The last Fall Square Dance at the Chesterfield Community Center will be from 7-10pm on November 19th. They will resume on the third Saturdays in April, May and June 2017. All are welcome! Folks come from all over the region, beginners and experienced dancers, from the very young to dancing seniors. Live music by Falltown String Band. Singing calls by Bob Livingston. A donation of \$8.00 is requested to help cover costs of the live band and caller; an additional donation to the COA will be appreciated for hosting these events. Food is available for a small fee. Please bring items for the raffle table! For more information, please call Valerie Bowlby: 413-296-4570. Supported in part under a grant to the Chesterfield COA from Highland Valley Elder Services.



## Winging and Singing: Songs for the Birds

**Tuesday, November 15 at 3pm**

**Westhampton Library**

**1 South Rd. Westhampton**

**All Hilltown Seniors are welcome to attend!**

"Winging and Singing: Songs for the Birds presents the Beautiful Future Band performing familiar and new songs featuring birds, and Professor of Biology David Spector providing beautiful photography and an entertaining narrative about the birds.

Winging and Singing celebrates birds in all their glory; their songs, colors, and habits; and shares with songs, literature and humor, how birds inspire us, how we admire and emulate them, and how we can honor them with protection and conservation. Enjoy singing along with familiar songs such as Over the Rainbow, Blue Skies, Rocking Robin, Fly Like an Eagle and many more.

A Beautiful Future band members include musicians Kate O'Connor on vocals, keyboards, guitar and steel drum, and Rico Spence on vocals, bass and percussion. David Spector is an ornithologist with research interests in bird song and in the interaction between birds and human culture."



**Cummington Council on Aging**  
**P.O. Box 95,**  
**Cummington, MA 01026**

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Cummington  
Council on Aging

Carolyn Urekew,  
Director  
413 634-2262

Elliot Ring  
COA Chairperson  
634-5666

Newsletter Designer  
Kristen Estelle

The Cummington COA Newsletter has been funded in part by: Generous donations, The Town of Cummington, and the Executive Office of Elder Affairs

The Chesterfield Council on Aging invites you to learn about

## **Farming in Chesterfield**

**2pm, Sunday November 20, 2016**

**Chesterfield Community Center**

**400 Main Rd. Chesterfield, MA**

All ages welcome!

Free and open to the public

*(Donations appreciated)*

Light refreshments served

We enthusiastically welcome you to a program highlighting agricultural activities and livelihoods pursued by Chesterfield farmers and animal-workers: logging & haying; goats & goat milk products; petting zoo; pigeon club; 4-H; horse rides & hayrides; eggs, jelly & pickles; maple sugaring; vegetables; beef cattle; Chesterfield Farm and Forest Commission; and more!

Presenters will give brief talks, and will have tables with information as well as offering their products for sale at the conclusion of the program:

Donnie Bisbee, Beth Berube, Boo Cherau, Bill Miller,  
Jen Peotter, Kim Sarafin, Tim Tessier, Sherry Whitmore,  
William Miller *and others ....*